

# HOLISTIC HEALTH (HH)

## HH 200 Holistic Approach to Academic Success (Units: 3)

Learn key concepts and skills for increased academic success including practices to increase mindful awareness, mental imagery for greater goal clarity, continuous improvement strategies for solving problems in school and life, and other tools for more effective study time and performance. Examine lifelong learning, personal growth, and promoting a civil society.

### Course Attributes:

- Environmental Sustainability
- E1 LLD Pre-Fall 2019
- D1: Social Sciences

## HH 205 Relaxation and Stress Reduction (Units: 3)

Research and theory in stress physiology and stress management, techniques of progressive relaxation, mental rehearsal, and imagery training including stress management strategies for coping with selected stress-related disorders with an emphasis on the relationship to physical activities.

### Course Attributes:

- D1: Social Sciences
- E1 LLD Pre-Fall 2019

## HH 210 The Dao of Well-Being in Chinese Tradition (Units: 3)

Exploration of holistic and aesthetic modes of well-being from Daoist philosophical perspectives. Topics include Daoist philosophy, classical poetry, basic principles of Chinese medicine, therapeutic cuisine, traditional music, and Qigong exercises.

### Course Attributes:

- C2: Humanities
- E1 LLD Pre-Fall 2019
- Am. Ethnic & Racial Minorities

## HH 380 Holistic Health: Western Perspectives (Units: 3)

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Exploration of Western developments in holistic health. Overview of the psychobiology of stress and self-regulatory methods such as autogenic training, biofeedback, progressive relaxation, visualization, and behavioral techniques.

### Course Attributes:

- UD-B: Physical Life Science
- Global Perspectives
- E1 LLD Pre-Fall 2019

## HH 381 Holistic Health: Eastern Perspectives (Units: 3)

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Eastern approaches to health and healing including acupuncture, yoga, and meditation. Comparison, scientific evaluation, and synthesis of eastern and western models of human psychology and physiology.

### Course Attributes:

- UD-D: Social Sciences
- Global Perspectives
- E1 LLD Pre-Fall 2019

## HH 382 Holistic Health: Human Nature and Global Perspectives (Units: 3)

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Explore the relationship between health and ways of living through the perspective of human nature and its potential. Examine health and healing in terms of cultural traditions, evolution, the life cycle, and socio-psychological factors.

### Course Attributes:

- UD-C: Arts and/or Humanities
- Global Perspectives
- E1 LLD Pre-Fall 2019

## HH 383 Chinese Perspectives in Holistic Health (Units: 3)

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Taoist philosophy of health and healing including yin-yang and five element theory, principles of qi, patterns of disharmony and health, lifestyles and environmental influences, Chinese healing modes, and self-practices.

### Course Attributes:

- E1 LLD Pre-Fall 2019
- UD-D: Social Sciences

## HH 420 Qigong Body-Mind Energetics (Units: 3)

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Examination of the nature of qi energy, meridians, methods of activating and balancing qi, and various related body-mind energetic practices including qigong meditation, acupressure, and breath-work.

### Course Attributes:

- UD-C: Arts and/or Humanities
- E1 LLD Pre-Fall 2019
- Global Perspectives

**HH 430 Biofeedback: Mind-Body Connection and Self-Regulation (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Explore the mind-body/body-mind connection with psychophysiology/biofeedback and other self-regulatory approaches. Includes history, theory, research and applications of muscle, posture, thermal, respiration, electrodermal, heart rate, electroencephalographic, wearable devices, and self-practice of autogenic training. Lecture, 2 units; laboratory, 1 unit.

**Course Attributes:**

- UD-B: Physical Life Science
- E1 LLD Pre-Fall 2019

**HH 435 Autogenic Training and Embodied Living (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Basic theory and technique of mind-body practices with autogenic training breathing and wearable devices. Includes stress reduction concepts, autogenic training instruction, practice with wearables for posture and breathing, and individual and group practice. [Formerly HH 433]

**Course Attributes:**

- E1 LLD Pre-Fall 2019
- UD-B: Physical Life Science

**HH 450 Somatics: Body Awareness, Movement, and Well-being (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Examine how we perceive and experience the body in daily life, individually and collectively. The course draws on a wide range of concepts and methods to improve body awareness, deepen understanding of movement and performance, and develop a greater sense of health and well-being. Topics include history, philosophy, and somatic sensory awareness methods from a self-care education perspective.

**Course Attributes:**

- E1 LLD Pre-Fall 2019
- UD-D: Social Sciences

**HH 530 Eastern Nutrition and Herbs (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Traditional Chinese medicine's historical and philosophical perspectives on the role of nutrition and herbs in health and well-being. Topics include diet and cooking, use of herbs and food in healing, preparation and processing, and individual differences.

**Course Attributes:**

- UD-B: Physical Life Science
- E1 LLD Pre-Fall 2019
- Global Perspectives

**HH 535 Western Nutrition and Herbs (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Examine the role of herbal products, nutraceuticals, supplements, and dietary choices in prevention, disease treatment, and self-care from a holistic perspective.

**Course Attributes:**

- Environmental Sustainability
- UD-B: Physical Life Science
- E1 LLD Pre-Fall 2019

**HH 540 Meditation for Health and Wellness (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Explore the theory and methods of major forms of meditation in promoting health and wellness including mindfulness meditation, imagery, and compassion practices. Examine the historical roots of meditation, scientific understandings, health benefits, and application to current social issues. Includes individual and group practice.

**Course Attributes:**

- UD-D: Social Sciences
- E1 LLD Pre-Fall 2019
- Global Perspectives

**HH 545 Mind-Body Healing in Tibetan Culture (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Mind-body healing in Tibetan medicine and culture. Explore the theory, art, symbolic imagery, and practical techniques, such as the use of meditation in everyday life, for useful approaches to health, emotional well-being, and social harmony.

**Course Attributes:**

- E1 LLD Pre-Fall 2019
- UD-C: Arts and/or Humanities
- Global Perspectives

**HH 560 Naturopathic Medicine and Personal Wellness (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Examination of the philosophy, principles, and practice of naturopathic medicine. Prevention and treatment of disease with natural therapies are examined, including diet, botanical therapies, homeopathy, hydrotherapy, and mind-body approaches.

**Course Attributes:**

- E1 LLD Pre-Fall 2019
- UD-B: Physical Life Science

**HH 650 Anthroposophical Health Studies (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Principles and practices of anthroposophical medicine and related self-care practices. Applications derived from Waldorf education, biodynamic agriculture, and eurythmy, all rooted in western thinking and evidence-based medicine are explored.

**Course Attributes:**

- UD-D: Social Sciences
- E1 LLD Pre-Fall 2019
- Global Perspectives

**HH 660 Art as Healing (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Examine the value of art as a healing process. Analysis and assessment of tools and techniques used in art for healing. Students explore how artists work to heal individuals, communities, and ecosystems.

**Course Attributes:**

- UD-C: Arts and/or Humanities
- E1 LLD Pre-Fall 2019

**HH 670 Alternative Health Practices (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Overview of therapies and self-care practices in the field of integrative health and medicine. Emphasizes multidisciplinary, cross-cultural perspectives. Presentations by leading practitioners and thinkers. May be repeated for a total of 9 units.

**Course Attributes:**

- Global Perspectives
- UD-D: Social Sciences
- E1 LLD Pre-Fall 2019

**HH 680 Holistic Health and Wellness in Practice (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Examination of the opportunities, strategies, and challenges of practicing, applying and disseminating holistic health methods and perspectives. Develop skills to plan and lead holistic health events and engage in experiential learning in community.

**Course Attributes:**

- E1 LLD Pre-Fall 2019
- UD-D: Social Sciences

**HH 690 Seminar: Psychophysiology of Healing (Units: 3)**

Prerequisites: GE Areas A1\*, A2\*, A3\*, and B4\* all with grades of C- or better or permission of the instructor.

Explores the psychophysiology of healing. Special emphasis upon the foundation, ramifications, and practice of therapeutic touch and healer-healer interaction including the power of belief and the power of placebo. In-depth topical presentations of the healing process.

**Course Attributes:**

- UD-B: Physical Life Science
- E1 LLD Pre-Fall 2019

**HH 699 Independent Study (Units: 1-3)**

Prerequisite: Permission of the instructor and director.

Independent study under the direction of a faculty member. May be repeated when the area of study is different.